Week 2: Time Management & Mindful Eating

Time management refers to planning and organizing time spent on various activities throughout the day. Effective time management skills can have great benefits such as:

- Greater productivity, efficiency and academic performance
- Increased opportunities to advance and achieve goals
- Less stress
- Failure to manage time effectively may have consequences such as missed deadlines, inefficiency, poor academic performance and overall higher stress levels

The clock’s ticking!

Poor time management can impact your eating habits!

Unconscious Eater: Eating while doing something else at the same time.
- Try making eating a separate activity. Schedule time for eating and increase your appreciation of eating and how food fuels your body.

Chaotic Unconscious Eater: Overscheduled life
- Plan meals or take food with you. Reduce activities and/or commitments. Set a timer to remind yourself to eat and start the day with breakfast.

Rethink your thoughts about food

- **Honor Your Hunger:** Focus on keeping your body fueled with adequate energy & carbohydrates.
- **Respect Your Fullness:** Listen to your body signals and observe the signs that resemble comfortable fullness. Pause in the middle of a meal and assess fullness level.
- **Follow a Non-Diet Mentality:** Focus on hunger/fullness, feelings of healthiness and have a positive view of progress.
- **Honor Your Health:** Consistently make food choices that honor your health and taste buds for a feeling of wellness.
- **Respect Your Body:** Accept and respect your physical body and genetic blueprint.

*Click for detailed tips and additional resources!*